

# yellow belt mailaiki ninjutsu curriculum

A standard **yellow belt ninjutsu (and mailaiki ninjutsu, if following general ninjutsu foundations)** curriculum typically focuses on fundamental skills required for safe and effective martial arts practice. While no curriculum is universally standardized and specific "mailaiki ninjutsu" details are not readily available in public sources, reputable ninjutsu curricula for yellow belt level generally include the following components:

- **Ukemi (breakfalls and rolls):**
  - Forward roll (zenpo kaiten)
  - Backward roll (koho kaiten)
  - Forward breakfall (zenpo ukemi)
  - Rear breakfall (ushiro ukemi)<sup>[1]</sup>
- **Stances (kamae):**
  - Natural stance (shizen tai no kamae)
  - Cross/fighting stance (jumonji no kamae)<sup>[2]</sup> <sup>[1]</sup>
- **Strikes and Punches (daken):**
  - Elbow strikes
  - Blade of hand strikes (omote shuto and ura shuto)
  - Basic punches (front punch/jab, cross, tsuki/back punch)<sup>[1]</sup>
- **Kicks (geri):**
  - Front kick (mae geri)
  - Heel kick (sokugyaku geri)
  - Groin kick (kinteki sokushi geri)<sup>[1]</sup>
- **Joint locks (kansetsu-waza):**
  - Introduction to basic joint locking techniques<sup>[1]</sup>
- **Movement and Evasion (sabaki):**
  - Basic stepping and body movement for defense and attack<sup>[1]</sup>
- **Throws (nage waza):**
  - Basic grappling and throwing techniques<sup>[1]</sup>
- **Basic Weapon Handling (if included):**
  - Short stick (hanbo): Diagonal strikes
  - Introduction to knife (tanto) and chain (kusari) handling<sup>[1]</sup>
- **Pins and Holds (osaekomi-waza):**

- Side control holds (yoko shiho gatame)
- Arm bar (juji gatame)
- Guard passing and escapes from basic positions<sup>[1]</sup>
- **Fitness Requirements:**
  - Basic conditioning and demonstrating set routines<sup>[2]</sup>
- **Dojo Etiquette and Discipline:**
  - Understanding dojo rules, bowing, and respectful behavior<sup>[3]</sup>
- **Testing and Advancement:**
  - Demonstration of all the above under light sparring (randori) conditions before being awarded the yellow belt<sup>[2]</sup>.

The above content reflects typical requirements for a **yellow belt in general ninjutsu systems** and is likely to represent the structure of a mailaiki ninjutsu yellow belt curriculum if it follows mainstream ninjutsu pedagogy. Always check with your specific organization or instructor for precise details and terminology.

If you have a specific source or lineage for "mailaiki ninjutsu," more tailored details might be available directly from your dojo or curriculum provider, as public documentation seems limited <sup>[2]</sup> <sup>[1]</sup> <sup>[3]</sup>.

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1. <https://www.akban.org/ninjutsu/course/first>
2. [https://www.akban.org/wiki/Yellow\\_belt,5th\\_Kyu\\_syllabus-\\_Ninjutsu](https://www.akban.org/wiki/Yellow_belt,5th_Kyu_syllabus-_Ninjutsu)
3. <https://banzenkanacademy.com/p/ninja-rangers-camo-yellow-belt-curriculum>